

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 14054, Beverages, almond milk, chocolate, ready-to-drink

Report Date: December 09, 2015 21:20 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	88.43	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Energy	kcal	50	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Energy	kJ	209	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Protein	g	0.63	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Total lipid (fat)	g	1.25	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Ash	g	0.37	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Carbohydrate, by difference	g	9.38	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary	g	0.4	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Sugars, total	g	8.75	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Minerals													
Calcium, Ca	mg	188	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Iron, Fe	mg	0.53	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Magnesium, Mg	mg	12	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Phosphorus, P	mg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Potassium, K	mg	75	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Sodium, Na	mg	71	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.63	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Copper, Cu	mg	0.067	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Manganese, Mn	mg	0.083	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fluoride, F	µg	69.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamins													
Vitamin C, total ascorbic acid	mg	4.4	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Thiamin	mg	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Riboflavin	mg	0.177	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Niacin	mg	0.103	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Pantothenic acid	mg	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin B-6	mg	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Folate, total	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Folate, food	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Choline, total	mg	2.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin B-12	µg	1.25	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Vitamin B-12, added	µg	1.25	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Vitamin A, RAE	µg	63	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Retinol	µg	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin A, IU	IU	208	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol)	mg	2.81	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Vitamin E, added	mg	2.81	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Vitamin D (D2 + D3)	µg	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin D	IU	42	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
16:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fatty acids, total monounsaturated	g	0.625	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
16:1 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
17:1	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:1 undifferentiated	g	0.619	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fatty acids, total polyunsaturated	g	0.208	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
18:2 undifferentiated	g	0.208	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Cholesterol	mg	0	--	--	0	0	1.0	--	--	1	Aggregated data involving comb. of codes other then 1,12 or 6	--	05/2013
Stigmasterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Campesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Beta-sitosterol	mg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Amino Acids													
Tryptophan	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Threonine	g	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Isoleucine	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Lysine	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Methionine	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Cystine	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Phenylalanine	g	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Tyrosine	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Valine	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Arginine	g	0.061	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Histidine	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Alanine	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Aspartic acid	g	0.073	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Glutamic acid	g	0.170	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Glycine	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Proline	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Serine	g	0.024	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Theobromine	mg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013